

# Are you fit to fight?

Countdown to wing fitness test:

21 days

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Holloman’s Health and Wellness Center and the 49th Services Squadron are teaming up Feb. 27.

Team Holloman can expect a busy day because there will be a mass fitness test.

“The mass testing will benefit the base by increasing awareness of the importance of a fit force,” said Capt. Angela Barney, HAWC Health Promotions manager. “It also stresses the value Air Force leadership is placing on the new fitness standards.”

The mass test will be this



Mr. Ross Miller performs sit-ups at the Health and Wellness Center to prepare for the basewide testing.

Above: Tech. Sgt. Clarence Mitchell tapes Master Sgt. Thomas Cole. The tape is placed in a horizontal plane around the abdomen at the level of this landmark. The examiner ensures the plane of the tape is parallel to the floor and that the tape is snug, but doesn’t compress the skin. Measurement is taken at the end of a normal respiration.



Airman 1st Class Francisco Corrales and Staff Sgt. Tesa Miller prepare for the 1.5-mile run required for the Air Force fitness standards.



Photos by Airman 1st Class Vanessa LaBoy

Airman 1st Class Korey Hicks, 8th Fighter Squadron, performs push-ups at the Fitness and Sports Center. According to the new fitness standards a complete push-up is, from the starting position (elbows extended), the member will lower the body to the ground until the upper arm is at least parallel to the floor (elbow bent at least 90 degrees) before pushing back up to the starting position (the chest may touch the floor). If the member does not come down far enough, the push-up does not count. The member completes one full push-up after returning to the starting position. It is important to monitor the member’s form and make sure the body does not bow at the waist as the member tires. The body must remain rigid during the assessment (the back must remain straight unless resting).